



Empowering Teachers across Europe to deal with Social, Emotional and Diversity related Career Challenges

## Newsletter no. 4/2023

Welcome to *HAND IN HAND: Empowering Teachers Across Europe to Deal with Social, Emotional and Diversity Related Career Challenges* (HAND:ET) biannual project newsletter!

HAND:ET Consortium will use this path to share news about the project as well as the scientific and other related information on the topic of the project.

### Resources

#### *The effectiveness of mindfulness-based stress reduction for school teachers: A cluster-randomized controlled trial*

Teaching has been found to be among the most stressful occupations measured on psychological well-being, physical health and job satisfaction. Our project partners from [Dansk Center for Mindfulness](#) explored the effectiveness of mindfulness-based stress reduction based program for school teachers. In the article, they present evidence of reduced perceived stress among lower secondary school teachers that practiced mindfulness-based stress reduction (#MBSR) as part of a teacher-training program. Check out the full article [here](#).

### Learning opportunities

#### *Supporting the teacher well-being: Key for the prevention of teacher burnout and drop-out from the profession*

We are continuing with the HAND:ET webinars on the relevant topics and key concepts for *supporting teachers' well-being and developing their socio-emotional competences and diversity awareness (SEDA)*! In the next webinar, [ISRZ](#) team members Jelena Matić Bojić, Iris Marušić and Ivana Pikić Jugović will address the topic that is increasingly becoming at forefront of researchers', policy makers' and school leaders' attention – *teacher well-being*! Theoretical and empirical viewpoints will be enriched by their experience as trainers in the HAND:ET program. Special emphasis will be put on the *well-being of early-career teachers* who are especially at risk of developing adverse outcomes in their first years of service. The webinar will take place online on the Zoom platform so make sure to follow HAND:ET social media channels ([FB](#), [TW](#)) for updates about the date, time and registration!

In case you missed our last *webinar on the assessment of the socio-emotional competencies and diversity awareness (SEDA)* where our partners from the Leibniz Institute for Research and Information in Education, [DIPF](#) presented different ways to measure these competencies reliably and validly and discussed the challenges associated with the different techniques, *full recording is available on our YouTube channel [here](#)*.



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## Events

### *Raising awareness and sharing the understanding about the importance of SEDA competences*

HAND:ET team is always taking the opportunity to raise awareness on the topics of socio-emotional competences and diversity awareness (SEDA) and to share knowledge about the key concepts HAND:ET project is based on. In the last couple of months HAND:ET teams participated in numerous national and international conferences, symposiums, congress, webinars and workshops involving various relevant stakeholders, from researchers and academia representatives over the policy makers to the students and teachers. We are highlighting just a few of them:

- ***Does implementation of a social, emotional and intercultural learning programme make a difference in students' and school staffs' empathy: Insights from Slovenia, Croatia, and Sweden*** - Topic of empathy, as a vital part of social, emotional and intercultural learning, that enables us to understand others and feel connected with them, was the focus of the presentation our project coordinator Ana Kozina gave at the 10<sup>th</sup> European Conference on Positive Psychology (ECPP 2022) in Reykjavik, Iceland. The presentation was based on the findings from the [first Hand in Hand project](#).
- ***Support for Teachers' and Principals' Social and Emotional Competencies and Diversity Awareness: European Perspectives*** – HAND:ET teams from [ERI](#), [MIUN](#) and [Uni Graz](#) presented the project and the importance of its key concepts from various angles in the Symposium at the European Conference on Educational Research held in Yerevan, Armenia.
- ***Be in the Moment: Empowering Socio-emotional Competencies of School Leaders*** – HAND:ET trainers implementing the program for teachers in Croatia, Sanja Brajković ([NEPC](#)) and Iris Marušić ([ISRZ](#)), presented the project and part of the program to the various educational stakeholders: school directors, researchers and academia representatives, policymakers and representatives of the NGO sector at the [Nurturing School Leadership - Empowering Equity](#) – 6<sup>th</sup> NEPC Primary Colors of Education Conference in Opatija, Croatia.
- ***HAND:ET at the international stakeholders meeting in Graz*** – [Board of Education Styria](#), HAND:ET project partner, invited various representatives from the fields of mental health and education from France, the Czech Republic, Poland and the Netherlands to a working meeting in Graz, Austria. The meeting addressed the ***issues of the impact of the COVID 19-pandemic on young people's mental health*** and the search for ***appropriate responses from education representatives and authorities***. Lisa Paleczek, [Uni Graz](#), presented an overview on the HAND:ET project, with special focus on the goals, the core concepts and the design of the accompanying research. Country-specific differences were highlighted and the implementation process in Austria was described in detail. Learn more about it [here](#).

1 Cycle of Conferences "Education as a treasure" – Loures  
National conference Brdo

5th Days of Educational  
Sciences

Conference on self-care  
and well-being

Humanitas Global learning workshop

14th National  
Congress of  
Health  
Psychology





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## News

### [Introducing the HAND:ET Consortium & SEDA competencies Series](#)

As we have announced in the previous newsletter, our new dissemination activity: *Introducing the HAND:ET Consortium & SEDA competencies series* is now ongoing!

We wanted to introduce the project partners through short interviews with members of the project teams on the topics from the field of their expertise that is also connected to and relevant for the HAND:ET project main theme: *social and emotional competencies and diversity awareness (SEDA) empowering teachers* in schools. These interviews are regularly shared via HAND:ET [web site](#) and social media channels ([FB](#), [TW](#)) and we have already shared a few, in case you missed it, make sure to check them out:



Heidi Berg Nielsen,  
project trainer and supervisor



**BEING A TEACHER IS NOT JUST ABOUT COMMUNICATING THE ACADEMIC MATERIAL.**

[Danish Center for Mindfulness \(DCM\), Aarhus University: Being a teacher is not just about communicating the academic material](#)




Helene Dahlström,  
teacher, special needs educator  
and researcher



**THE ABILITY TO EMBRACE THE UNIQUENESS OF ALL INDIVIDUALS ACROSS MULTIPLE DIMENSIONS**

[Mid Sweden University \(MIUN\): The ability to embrace the uniqueness of all individuals across multiple dimensions](#)



DIPF  Dr. Mojca Rožman  
Leibniz Institute for Research and Information in Education



DIPF  Dr. Nina Roczen  
Leibniz Institute for Research and Information in Education



**CAN SOCIO-EMOTIONAL COMPETENCIES AND DIVERSITY AWARENESS BE ASSESSED? AN OVERVIEW OF POSSIBILITIES AND CHALLENGES**

[Leibniz Institute for Research and Information in Education \(DIPF\): Can socio-emotional competencies and diversity awareness be assessed? An overview of possibilities and challenges](#)



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### **HAND:ET in schools – First impressions!**

We are bringing you firstHAND(ET) impressions from the Field Trials!

Our partners and trainers shared their insights into the implementation of the HAND:ET Program in their countries, make sure to check them out ([Croatia](#), [Portugal](#), [Slovenia](#), [Sweden](#)) and stay tuned for more!



### **HAND:ET in Aarhus!**

HAND:ET project meeting #5 was held in December 2022 in Aarhus, Denmark, hosted by our partners, [Dansk Center for Mindfulness](#).

HAND:ET Consortium discussed all activities that are being implemented at the moment, with a special focus on the reflection on the implementation of the HAND:ET Program. First impressions and experiences with the process so far have been exchanged, challenges and risks addressed and expectations adjusted.

